



Greetings and Welcome to Marine Light Attack Helicopter Squadron 167

My name is Heather DuBois, the Family Readiness Officer (FRO) for Marine Light Attack Helicopter Squadron 167 (HMLA-167). It is my sincere hope that you will love being a part of HMLA-167 and remember your time here fondly. In order to facilitate that, it is my responsibility to provide you with the opportunities to make that happen.

As a special staff member of the command, my primary objective here is to provide official, two-way command communication, as well as an avenue for families to obtain information, resources, referrals and support on nearly any aspect of military life. These can range from Tricare, volunteerism, local & unit information, as well as personal/family readiness & deployment support.

As a courtesy and outreach to families, I send out bi-weekly e-mails to give an idea of some happenings within HMLA-167, on New River Air Station, Camp Lejeune, as well as some information regarding what is going on in the local Community. If you are not currently receiving these updates and would like to, please send me an e-mail and I will be sure to add you to our distribution list. In addition, HMLA-167 sends out a quarterly Family Readiness Newsletter which includes excerpts from the Commanding Officer, Sergeant Major, FRO and more. These newsletters are an integral part of our outreach to all Marines, Sailors and family members of HMLA-167. We also have a unit Facebook page that I update as needed with current information.

Hopefully, at one point or another, you will have the opportunity to attend a Lifestyles, Insight, Networking, Knowledge and Skills (L.I.N.K.S.) session. L.I.N.K.S. is a phenomenal class! Locally, it has been tailored to meet the needs of spouses, children, parents, teens and couples. During this class, family members are provided an inside look of the Marine Corps to include tradition and structure as well as local resources, support programs, tips for dealing with deployments, reducing stress during moves, pay and entitlements and more. This class is especially recommended for spouses, even if they have been with their Marine for a while or taken it at a previous duty station! If you are interested, please let me know and I will be happy to provide you with the dates/time for upcoming classes!

If there is anything you need or have a question, I am only a phone call or e-mail away!
Again, Welcome to HMLA-167!

Heather DuBois
HMLA-167 Family Readiness Officer
910-449-5938 Office
910587-1024 Cell
Heather.dubois@usmc.mil